

A message from the director...



Providing quality programming and services, a safe, aesthetically pleasing greenway and park system is the commitment we make every day to the families and residents of Concord. We take great pride in providing services that enhance quality of life and we strive to make our community a great place to live.

I hope you have the opportunity to get outdoors and walk the greenway, visit one of our parks, experience one of our special events, visit one of our community centers, and participate in a recreational class or program.

Concord Parks The and Recreation Department takes great pride in the community support we receive and want you to know that we are continually working to earn your support.

We welcome your comments, questions or concerns. You can reach our office at 704-920-5600 or email us at

recreation@ci.concord.nc.us.

"Fill your free time with something you love to do. You will be glad you did."



The City of Concord Parks and Recreation Department exists to provide recreation services, parks and facilities that enrich the lives of all residents and promote the opportunity for a healthy lifestyle.

RECREATION CENTERS AND FACILITIES

The Concord Parks & Recreation Department has three recreation centers: Academy, Hartsell, Logan. Each provides a variety of recreational opportunities to the public. The centers offer billiards, foosball, bumper pool, air hockey, shuffleboard and table tennis. Weight rooms, available to men and women, are equipped with machines, free weights and cardiovascular equipment. The centers also offer free play in the gymnasiums, including basketball and volleyball. Content/Scheduled dates may be subject to change.

Meeting rooms are available for rent.

ACADEMY **RECREATION CENTER**

147 Academy Avenue, **NW Frances Bost. Center Supervisor**

704-920-5601

Information for Beverly Hills Park, Academy Park, Les Myers Park, J. W. "Mickey" McGee Park, Harold B. McEachern Greenway and The Village Greenway

HARD TARGET (LADIES SELF DEFENSE)

Activity # 1000.309 Taught by Captain Wilhelm of the Concord Police Department, this program will teach women how to NOT become a victim of crime. The basics of self defense will be taught. Ages 16 & up. No fee. **Tuesdays**

10/6, 10/13, 10/20, 10/27 6:30 - 7:30 p.m.



CO-ED VOLLEYBALL

Activity # 1001.309 Serve, set, spike! Open volleyball for all levels of play. Get in the groove for an evening of action. Bring a friend or a team. Open to men and women 16 & up. No fee.

Thursdays 10/1, 10/8, 10/15, 10/22, 10/29 7:00 - 8:00 p.m.

LIGHT & LIVELY **WALKING CLASS**

A walking program that is a simple, physical activity that builds up a great foundation for a healthy life. Ages 18 & up. No fee.

Morning class: Activity # 1002.309 Tuesdays, Wednesdays and

Thursdays 10/1 - 1/28

9:00 - 10:00 a.m.

Evening class: Activity # 1003.309 Thursdays 10/1, 10/8, 10/15, 10/22, 10/29

5:30 - 6:30 p.m.

RECREATION CENTERS AND FACILITIES...continued

ONE DAY FREE **BASKETBALL CLINIC**

Activity # 1004.309 Fundamental skills training for players of all skill levels and positions. Learn some basketball in an upbeat, positive atmosphere. No fee.

Saturday, 11/7 Boys & Girls Ages 7 - 10 12:30 - 2:00 p.m. Boys & Girls Ages 11 - 15 2:00 - 3:30 p.m. Location: Academy Recreation Center

POOL TOURNAMENT

Activity # 1005.309 Who's the best pool shark in your age group? This pool tournament is for ages 9 - 16 and will reveal who runs the Academy pool tables. No cost

Thursday, 1/14 4:00 - 5:30 p.m.

Location: Academy Recreation Center

HARTSELL RECREATION CENTER

60 Hartsell School Road Martha Hagood, **Center Supervisor** 704-920-5602 Information for Hartsell Park and **James L. Dorton Park.**

AFTER SCHOOL TUTORING

Activity # 1006.309 We're welcoming Elementary aged children in grades 3 - 5 to come to Hartsell Recreation Center to get free help on homework assignments. Does not meet on holidays or when school is out on break. Max. 8 participants. No fee.

Tuesdays and Thursdays 9/29 - 1/28 5:00 - 6:00 p.m.

WALKING CLASS

A total body walking program that provides you serious fat burning, muscle conditioning and stretching all in one. Energized programs to start on Monday, Wednesday, & Friday.

No fee.

Morning Class: Activity # 1007.309 Monday, Wednesday, & Friday 10/5 - 1/22 9:15 - 10:15 a.m.

Evening Class: Activity # 1008.309 Monday, Tuesday, & Wednesday 10/5 - 1/275:00 - 6:00 p.m.

PAINT YOUR PUMPKIN

Activity # 1009.309 Calling all 7 -13 year olds! Come paint and personalize a pumpkin to celebrate Halloween! Max. 10 participants. No fee.

Thursday, 10/29 5:00 - 6:00 p.m.

SCARY STORIES

Activity # 1010.309 Get into the season of Halloween by coming and listening to some scary, but not too scary tales. Enjoy a snack and time with friends and maybe ... a good spook! Ages 6 - 12. Max. 10 participants. No fee.

Monday, 10/26 7:00 - 8:00 p.m.

CHRISTMAS PICTURE

Activity # 1011.309 If you like to draw, and if you love Christmas, then this is the activity for you! Join Hartsell Recreation Center and draw your best Christmas picture. Pictures will be judged on December 17, 2009 and awards will be given out!! Don't worry about supplies, we'll take care of them! Just come out and draw!!! Ages 6 - 12. Max. 10 participants. No fee.

Monday - Wednesday 12/14 - 12/16 5:00 - 6:00 p.m.

LAKE FISHER 2009 SEASON

Lake Fisher is a North Carolina watershed, providing water to Cabarrus County residents. Because of this classification rules and regulations govern activities here. Please assist us by following these guidelines.

The lake is scheduled to operate boat rentals from March through November. These dates are subject to change due to water restrictions, special programs or other factors deemed necessary by the City of Concord officials.

Boat Rental Fees (per person):

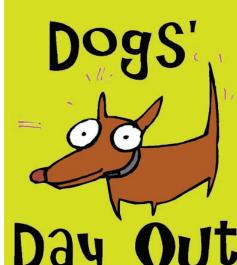
Adults 1/2 day: \$10; \$6 city resident Adults full day (Friday only) \$14; \$9 city resident Senior Citizen 1/2 day (60 or older): \$5; \$4 city resident

Senior Citizen full day (60 or older): \$7; \$5 city resident

Youth 1/2 day (ages 12 - 16): \$5; \$3 city resident Youth full day (ages 12 - 16): \$7; \$5 city resident



SPECIAL EVENTS



DOG'S DAY OUT

Hey, dogs! Bring your owner to Les Myers Park and enjoy the festivities we have planned for you.

Watch the Concord Police Department K-9 demonstrations; experience the Doggie Fun Zone on the ballfield; or enter the talent, costume and obedience contests in the amphitheater.

Veterinarians and non-profit organizations will be on hand to answer your owner's questions and distribute information. The City of Concord Youth Council will have a back sale and take photos of you and your owner.

Your owner must have proof of your current vaccinations and you must be on a non-retractable 6 foot leash.

> Saturday, 10/24 11:00 a.m. - 2:00 p.m. Les Myers Park 338 Lawndale Ave. S.W.

RECREATION CENTERS...continued

LOGAN MULTI-**PURPOSE CENTER**

151 Rone Avenue, SW Rodney Smith, **Center Supervisor** 704-920-5603 Information for Caldwell Park and W. W. Flowe Park.

ARTS AND CRAFTS DAYS

Activity# 1012.309 Kids, come get creative! Volunteers will guide you as you design and create arts and crafts masterpieces. Mondays, 9/7, 9/14, 9/21, 9/28 5:00 - 6:00 p.m.

FREE THROW CONTEST

Activity # 1013.309 Calling all youth basketball players! Show your skills by quickly moving from one spot to another in 30 seconds and scoring as many points as possible.

Friday, 9/25 3:00 - 4:00 p.m.

WALKING CLUB

Activity # 1014.309

Open to everyone, this program promotes a healthier, longer lifestyle. Log in your distance and weightloss on our walking chart to help you stay focused.

Mondays and Fridays 9/14 - 12/4 6:00 - 7:00 p.m.

CONNECT FOUR

Activity # 1015.309

Elementary and Middle Schoolers join us in Connect Four games and have a fun competition with your friends.

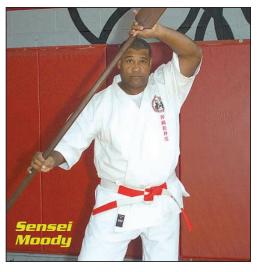
Tuesdays 10/6 - 11/24 4:00 - 5:00 p.m.

PRESCHOOL GYM **ACTIVITIES**

Activity # 1016.309

Bring your preschoolers out to learn the basics of basketball and get them prepared for the next season.

Thursdays 10/8 - 10/29 5:00 - 6:00 p.m.



KARATE

Activity # 1017.309 Instruction for 4-10 year olds and 11 years and up. No fee for classes. Registration 9/1 - 10/6.

Tuesdays & Thursdays

6:00 - 7:00 p.m. - 4-10 year olds

6:00 - 7:00 p.m. - parent/child 7:00 - 8:30 p.m. - 11 years and up Contact Sensei Moody at 704-701-1346 for additional information.

MOVIE AND POPCORN NIGHT

Activity # 1018.309

Watch the latest movies and enjoy hot popcorn and time with your friends. No fee.

Wednesdays 10/7 - 11/25 4:00 - 5:00 p.m.

BACK TO SCHOOL SLEEP OVER

Activity# 1019.309

Parents, give yourself a night off and bring your little ones by for a fun sleep over. We'll have movies, storytime and pizza. All you need is a sleeping bag!

Friday, 11/6 8:00 p.m. - 8:00 a.m. Fee: \$8 non city residents \$5 city residents



Enjoy traveling and leave the driving to us! All trips depart from "The Village" located across from First Assembly on Concord Parkway South in Concord. Please park in the parking lot north of Big Lots, across from Arby's. Plan to arrive 15-20 minutes before departure for trips. Pre-registration is required.

Trips less than two hours one-way will utilize the Parks & Recreation Department activity bus. Longer trips will be via motor coach.

SHATLEY SPRINGS

Activity # 7000.309 We will travel to Shatley Springs Country Inn Restaurant for a fun time of eating and fellowship. After filling up we'll travel to West Jefferson, NC to the Cheese Factory. While there we hope to see them making cheese and you will be able to purchase a variety of cheeses. Our next stop will be at one of the Apple Houses. On our way home we will stop for rest/snack break.

Date: Tuesday, 10/13

Fee: \$20 (plus cost of meal and

purchases) Depart: 8:00 a.m. Return: 5:00 - 5:30 p.m.



LINVILLE CAVERNS

Activity # 7001.309 Travel to Linville Caverns near Marion, NC to explore the splendor and wonders created "inside a mountain." After our tour of the caverns, we will go to Famous Louise's Rockhouse Restaurant for lunch. This unique restaurant was built in three counties and has good ole' country cookin'. After lunch we'll travel to Valle Crucis to see the Mast General Store where you can buy almost anything you could ever want.

Date: Thursday, 10/22

Fee: \$25 (plus cost of meal and

purchases) Depart: 7:00 a.m. Return: 6:00 - 6:30 p.m.



MIKE'S FALL MYSTERY TRIP

Activity # /002.309)
Today you will travel to the	
to seean authentic	. You will see
an authentic	,
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antiqueand a	that includes
25	, dozens
of	and much more.
25, dozens of and much more. After our tour we will travel to	
in f	for lunch, where
you will have a large variety to	
choose from, but everyone will	
want to order the f	
them famous. After lunch we will	
make our next stop at the	
in . This mu	ılti-million dollar
will be son	nething everyone
should see It was	founded in 1916
by, who bega	n by renovating
and building	In 1936 the
by, who began by renovating and building In 1936 the began to produce	
we will have a guid	led tour by the
person who	the
to the	. After our tour
to the After our tour we will head back home with	
plenty to talk about of what we	
have seen today. Mystery trips are a	
lot of fun and I know you will enjoy	
this one!	
Date: Thursday,11/5	5
D #10 1 1	1 1

Fee: \$19 plus meal and purchases

Depart: 8:00 a.m. Return: 5:00 - 5:30 p.m.

SPECIAL EVENTS

TREAT NIGHT

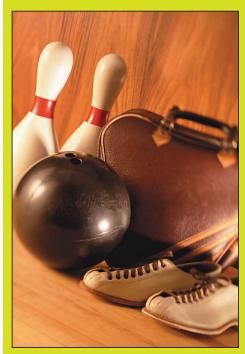
Join us for Halloween fun! This Halloween carnival is for the enire family and includes games, candy, and prizes!!

Costume Contest Catagories 5 and Under 6 - 8 Year Olds 9 - 12 Year Olds

Saturday, 10/24 6:00 - 8:00 p.m. Logan Recreation Center



SPECIAL INTEREST



Pin Splitters is a bowling league designed for individuals with developmental disabilities. Gain skills in league play, competition, socialize with friends and get great exercise.

Activity # 8000.109 League Information Dates:

Saturdays, 1/16 - 3/6 1:00 - 3:00 p.m. **Location: Foxfire Lanes** Registration Deadline: January 1, 2010

Registration Fee: \$15.00 \$5 city resident discount

Weekly fee: \$8.40, payable to Foxfire Lanes.

Includes 3 games and shoes.

Call 704-920-5600 for a registration form or download a form from our website. www.concordparksandrec.org

TRIPS CONT...

SOUTHERN CHRISTMAS SHOW

Activity # 7003.309

The Southern Christmas Show will jump-start your holiday season. With hundreds of vendors and exhibitors there is something for everyone. Our first stop will be the Merchandise Mart to drop off the serious shoppers before the rest of us proceed to an area restaurant. After lunch we will return to the Christmas Show.

Date: Friday, 11/13 Depart: 9:45 a.m. Return: 5:00 p.m.

Fee: \$15, meal not included



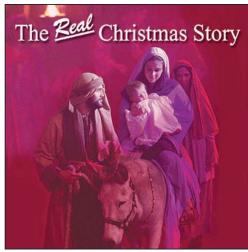
TANGLEWOOD FESTIVAL **OF LIGHTS**

Activity # 7004.309

We will stop for an early supper before entering Tanglewood Park and the Festival of Lights, one of the largest and most spectacular light shows in the southeast. From storybook scenes to Holiday themes, over one hundred displays with nearly a million lights fill the park with the splendor and joy of the season. While in the park we will stop at The Barn for shopping, hot chocolate, and s'mores. This is a great trip for adults and children.

Date: Tuesday, 12/1 Depart: 2:30 p.m. Return: 9:30 p.m.

Fee: \$13, meal not included



"THE REAL CHRISTMAS STORY" NARROWAY THEATRE, FORT MILL, SC

Activity # 7005.309 Tonight we will see The Real Christmas Story at NarroWay Theatre in Fort Mill, SC. Before the play we will have dinner at the theatre which will be served at 6:30 p.m. After our meal we will see our favorite Christmas scenes! Hear your favorite Christmas songs! Then watch in awe-stricken wonder as NarroWay Productions beautifully recreates the real Christmas story. Large scale, Broadway-style musical.

Date: Thursday, 12/10 Fee: \$45 (includes meal and

transportation) Depart: 5:00 p.m.

Return: 11:00 - 11:30 p.m.

CHRISTMAS TOWN USA

Acitivty # 7006.309

This is a great family trip that will put everyone in the holdiay mood. We will dine at a Gaston County restaurant before cruising the area's most viewed light show.

Date: Tuesday, 12/15 Depart: 4:00 p.m. Return: 9:00 p.m.

Fee: \$7, meal not included



ATHLETICS

Please call the ATHLETIC INFORMATION HOTLINE at 704-920-5640 for updates and cancellations.

YOUTH BASKETBALL

This program offers you and your child a quality basketball experience. Fee includes uniform which child gets to keep. Youth basketball season operates January through March.

Pre-registration is required within the dates listed below. Practice times are

established by the coaches according to their schedule and availability of courts. Games are held on Saturdays. Games will be officiated by qualified officials. The goals of this program are to build the child's self esteem, teach the skills of basketball, build good relations among peers (also between parents & children) to create a fun atmosphere.



Please visit our website at www.concordparksandrec.org to view and print a Basketball Registration form.

YOUTH BASKETBALL **REGISTRATION**

Boys & Girls 7 - 15 years Mondays - Fridays 9/14 - 10/16 8:00 a.m. - 7:00 p.m. (Mon - Thurs) 8:00 a.m. - 5:00 p.m. (Fridays) Fee: \$50 non-city residents \$30 city residents Location: Academy, Hartsell and

Logan Recreation Center

NOTE: Birthday cut-off is October 15.

ADULT BASKETBALL ORGANIZATIONAL MEETING

Register for Men's Open League, Church League, Women's League and Over 40.

Location: Academy Recreation Center Athletics Office

Date: 11/16, 6:30 p.m. Registration: 11/16 - 12/11

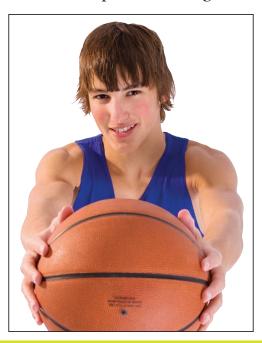
Season begins 1/4

BASKETBALL INSTRUCTION CLINIC FOR AGES 5 - 6

Activity # 6000.309 Thursdays 1/7 - 2/25 (8 weeks) 5:30 - 6:30 p.m. Fee: \$30

Location: Academy Recreation Center

Online registration is available for this activity at www.concordparksandrec.org.



ROAD RACE



UNITED WAY RUN FOR LIFE 5K & 10 K

Activity # 6002.409 Saturday, 10/10 8:00 a.m. Fun Run 8:30 a.m. NEW 5K 8:30 a.m. 10K

5K and 10K begin in front of the Academy Recreation Center and will run through Downtown Concord. The Fun Run will run through the Village Greenway. (Not exactly 1 mile.)

Fee: **10K:** \$20 Early Registration

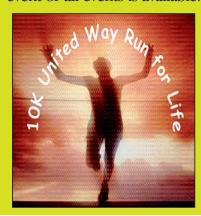
\$25 After 10/2

5K: \$12 Early Registration \$15 After 10/2

Fun Run will begin in front of the Academy Recreation Center and run through the Village Greenway.

Age Categories: 14 and under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75 and better.

Registration for all Road Races is available online at www.concordparksandrec.org, in person at 147 Academy Ave. or by phone at 704-920-5619. Registration for each individual event or all events is available.



ATHLETICS CONT...

GYMNASTICS FALL FUN



Are you ready for tumbling skills, stretching, flying over the vault, balancing on a beam, flipping over the bars - and of course trampoline fun?? That will fill our first hour and the next is Happy Hour!! Games, contests, races you name it - we are having fun doing it! All classes are taught by safety certified instructors, with our main focus on proper instruction and care for every child. Enjoy our newly renovated facility. AND DON'T MISS THE FUN!!! Program lasts 10 weeks.

Tuesday, 10/20 – Tuesday, 12/22

Ages 4 - 7 years olds

Activity # 6008.309

Tuesdays, 5:00 - 6:00 p.m.

Ages 8 - 13 year olds

Activity # 6010.309

Tuesdays, 6:00 - 7:00 p.m.

Fee: \$125

\$5 city resident discount Call Ryan Jones 704-920-5619 for more information.

Location: NY★C Dance and Tumble

> 209 Branchview Dr. Concord, NC 28025

FENCING

In cooperation with the Charlotte Fencing Academy, the City of Concord is offering a Fencing class. **Charlotte Fencing Academy** embraces a philosophy centered on the three core values of honor, integrity, and courage. Each coach is accredited and experienced. Each student will learn the basics of the art of finging and will have the opportunity to enjoy this sport for the rest of their lives. Equipment provided.

Wednesdays

Ages 7 - 12: 6:00 - 7:00 p.m. Ages: 13 - Adult: 7:00 - 8:00 p.m.

Session I: Activity # 6006.209 9/16 - 10/21 (6 weeks)

Session II: Activity # 6007.209

10/28 - 12/2 (6 weeks)

Fee: \$75

\$5 city resident discount Location: Academy Recreation

Center (Subject to change)



TENNIS

Known as "the sport for a lifetime," playing tennis directly impacts a person's health and quality of life. Tennis is a family-friendly sport which not only provides a great aerobic workout, but also teaches values such as teamwork, fair play, sportsmanship and discipline.

The City of Concord Parks & Recreation Department has 14 tennis courts located within area parks (James L. Dorton Park, Caldwell Park, Beverly Hills Park and Les Myers Park).

Please contact Tennis Coordinator, Chad C. Oxendine, USPTA at 704-806-0909 or chad@amptennis.com if you have any questions. www.amptennis.com





ATHLETICS CONT...

ADULT SOFTBALL PRE-REGISTRATION

Monday - Friday, 2/8 - 3/12 8:00 a.m. - 5:00 p.m. Fee: \$550 per team Location: Academy Recreation

Center Athletic Office

GOLF

JUNIOR FALL GOLF CLINIC

Activity # 6004.309

Open to men ages 18 & under who are interested in learning the skills associated with golf. PGA certified professionals will assist you in learning the ins and outs of golf.

Thursdays 9/24, 10/1, 10/8, 10/15 5:30 - 6:30 p.m.

Fee: \$50

\$5 city resident discount PLUS \$6 for a bag of Golf Balls Location: Rocky River Golf Club

LADIES FALL GOLF CLINIC

Activity # 6005.209

Open to ladies who are interested in learning the basic skills associated with golf. PGA certified professionals will assist you in learning the ins and outs of the relaxing game of golf. Golf etiquette and basic skills will be discussed in this stress free clinic. Min. 5 participants.

Tuesdays 9/8, 9/15, 9/22, 9/29 5:30 - 6:30 p.m.

Fee: \$50

\$5 city resident discount PLUS \$6 for a bag of Golf Balls Location: Rocky River Golf Club



YOUTH BASEBALL AND SOFTBALL REGISTRATION **DATES**

1/4 - 2/5

8:00 a.m. - 7:00 p.m.

(Monday through Thursday)

8:00 a.m. - 5:00 p.m.

(Fridays)

Fee: \$50; \$30 city residents

Open to boys and girls ages 5-15.

Register at Academy, Hartsell and Logan Recreation Centers. For additional information call 704-920-5600.

Please visit our website at www.concordparksandrec.org

COACHES NEEDED!!!! PLEASE CALL US AT 704-920-5618 TO DISCUSS COACHING **OPPORTUNITIES**



REFLEX INTERNATIONAL

Activity # 6006.309

REACH is taking the wellness program to the next level. You will encourage, motivate and compete with your peers in a weight loss challenge. REACH includes 4 consultations/assessments, exercise program, nutrition program and Owners Manual.



REACH programs will meet in the Academy Recreation Center.

- * Fitness Instruction by Certified Personal Trainer
- * Weekly Workouts/Assessments
- * Progressive Exercise Program
- * Nutritional Counseling
- * Group Accountability/Encouragement
- * REACH Fitness Manual
- * Pricing 6 weeks for only \$99 City of Concord residents receive a
- * Program begins Monday, October 15, 2009 for six weeks at 6:00p.m.
- * Program will meet one day a week for consultation and access to trainers all week
- * Register online at www.concordparksandrec.org or contact Ryan Jones at 704-920-5619 for more information
- * More specific instruction will be made available on the first day of the program.

REACH events are competitions designed around health and fitness. Whether you are on your own or part of a large group, REACH can help you and those around you grow and succeed.

SPECIAL INTEREST

CAROLINA SHAG DANCE CLASS

Learn in four lessons the fundamentals of the dance that originated in the Carolinas. Open to singles and couples. Min. 10 participants. Instructor: Patty Blackmon

Fee: \$35

\$5 city resident discount **Beginners**

7:00 - 8:00 p.m.

Intermediate

8:00 - 9:00 p.m.

November Session

Mondays, 11/9, 11/16, 11/23, 11/30 Beginners: Activity # 8001.309 Intermediate: Activity # 8002.309

Location: Fire Station #7

250 International Dr. NW

January Session

Wednesdays, 1/6, 1/13, 1/20, 1/27 Beginners: Activity # 8003.309 Intermediate: Activity # 8004.309 Location: Fire Station #8 1485 Old Charlotte Rd.



SNOWMAN CONTEST

HOW IT WORKS:

Create a snowman or snow creature in your yard, take a picture and submit online to Parks and Recreation. The dates for submission are through March 15. The snow may melt fast, but the contest will stay around.

CATEGORIES

Most Original Snowman Most Traditional Snowman Most Interesting Use of Color

GATHER YOUR TOOLS:

Cabarrus County doesn't usually get much snow, but you never know when the big ones will come, so be prepared.

Buckets or containers for packing snow into large shapes. Insulated gloves for your hands. Water containers to pour over the snow to make it stick together. Food coloring in a spray bottle if you want to color the snow. Carrots, charcoal pieces, pine cones, small tree branches, old hats, gloves or scarves. Use an ice scraper, spackling tool, wooden spoons, shovels and other kitchen utensils to carve the snow and ice. Snowmen, like people come in different shapes and sizes - have fun - be creative.

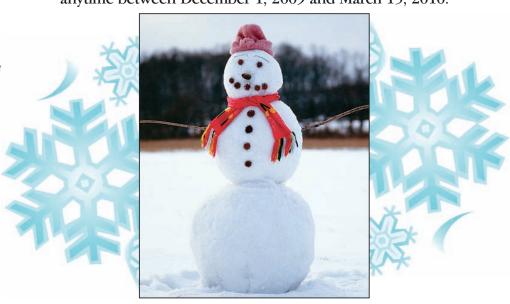
THE RULES:

- *Limit of three entries per category, only one prize per household.
- *All entries must be constructed from real snow in Cabarrus County, NC during the period of 12/1/09 thru 3/15/10.
- *Photographs will be posted on the Parks and Recreation website (at our discretion).
- *All entries must be "G" rated and appropriate for family viewing *Open to all ages.
- *Final judging will be made by April 1 and winners will be notified.

PRIZES:

Winner in each category will receive a Family Season Pass to the John McInnis Aquatic Center in Concord for the 2010 summer season.

Visit the website at www.concordparksandrec.org and submit your photo anytime between December 1, 2009 and March 15, 2010.



ARTS & CRAFTS

Due to purchasing of supplies and preparation time of instructors pre-registration is required for all arts & crafts classes. To receive a full refund you must cancel your registration at least one week prior to your class.

OUILTING

Enjoy creating a lifetime keepsake. Open to beginner and intermediate quilters. For a materials list call instructor Peggy Fox, 704-933-2530. **Day Class:** Activity # 5000.309

Tuesdays, 10/27 - 1/5 (12 weeks) 10:00 a.m. - 12:00 p.m.

Location: Logan Multi-Purpose

Center

Evening Class: Activity # 5021.309

Thursdays, 10/29 - 1/7 (12 weeks)

7:00 - 9:00 p.m.

Fee: \$30

\$5 city resident discount

PLUS materials

Location: Fire Station #7

250 International Drive NW

COLORED PENCIL DRAWING

Learn colored pencil technique while creating one or two pieces. Min. 6; max. 15 participants. For materials list call instructor Linda Long, 704-938-1420.

Session I: Activity # 5002.309 Wedensday, 10/21

9:00 a.m. - 2:00 p.m. Pre-registration by 10/15

Session II: Activity # 5003.309

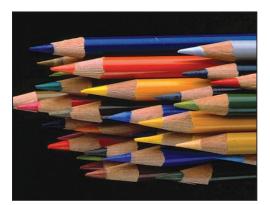
Wednesday, 12/16 9:00 a.m. - 2:00 p.m.

Pre-registration by 12/9 Fee: \$25

\$5 city resident discount PLUS \$12 materials fee paid to

instructor.

Location: Academy Recreation Center



WATERCOLOR PENCILS

Learn watercolor pencil technique while creating one or two pieces. Min. 6; max. 15 participants. Call instructor Linda Long for materials, 704-938-1420.

Session I: Activity # 5004.309 Wednesday, 11/18 9:00 a.m. - 2:00 p.m. Pre-registration by 11/11

Session II: Activity # 5005.309 Wednesday, 1/27

9:00 a.m. - 2:00 p.m. Pre-registration by 1/20

Fee: \$25

\$5 city resident discount PLUS \$12 materials fee paid to

instructor

Location: Academy Recreation Center



BROKEN CHINA MOSAICS

Learn the basics of Broken China Mosaics. Our project will be a picture frame. Min. 6; Max. 8. Call instructor Kim Hoyt for materials, 704-209-6562.

Session I: Activity # 5006.309 Saturday, 10/17 9:00 a.m. - 2:00 p.m. Pre-registration by 10/10 Session II: Activity # 5007.309

Saturday, 11/14 9:00 a.m. - 2:00 p.m.

Pre-registration by 11/7

Fee: \$25

\$5 city resident discount PLUS \$15 materials fee paid to

instructor

Location: Academy Recreation

Center

The following beading classes meet at The Bead Lady, 1 Union St. N., Concord



BASIC BEAD JEWELRY CLASS

Learn the art of beaded jewelry during this 1-1/2 hour class. Bracelet included. Receive a 10% discount for supplies purchased the day of class.

Session I: Activity # 5008.309 Saturday, 10/3

10:00 - 11:30 a.m.

Session II: Activity # 5009.309

Saturday, 10/24 10:00 - 11:30 a.m.

Session III: Activity # 5010.309 Thursday, 11/12 1:00 - 2:30 p.m.

Fee: \$30

\$5 city resident discount

BASIC EARRING

Learn the art of beading jewelry as well as two different styles of earrings in the 1-1/2 hour class. Includes bracelet. You must purchase earring supplies. Recieve a 10% discount for supplies purchased the day of the class.

Session I: Activity # 5011.309 Saturday, 11/7

10:00 - 11:30 a.m.

Session II: Activity # 50012.309

Tuesday, 11/10

11:00 a.m. - 12:30 p.m.

Fee: \$45

\$5 city resident discount PLUS: Supplies that are purchased the day of the class.

The following beading classes meet at The Bead Lady, 1 Union St. N., Concord



CROCHET BEADED NECKLACE

Learn to crochet using fine wire and beads to create a stunning necklace. Basic wire wrapping skills required.

Session I: Activity # 5016.309 Tuesday, 10/1, 6:00 p.m. Session II: Activity # 5017.309 Wednesday, 10/7, 11:00 a.m.

Fee: \$35

\$5 city resident discount PLUS cost of kits.

WIRE WRAPPED CABOCHON

Let your imagination go and learn how to free form wire a pendant out of wire. Come learn how to wrap stones and/or give your typical pendants a new twist. 2 hour class.

Saturday, 10/3, 10:00 a.m.

Fee: \$35

\$5 city resident discount PLUS cost of supplies

SHAGGY LOOPS MATERIALS

If you have never done chainmaille and would like to try, this is a great beginners class. Create a chain that is both beautiful and fun!

Session I: Activity # 5019.309 Wednesday, 10/14, 11:00 a.m. Session II: Activity # 5020.309

Thursday, 12/10, 5:30 p.m.

Fee: \$35

\$5 city resident discount PLUS materials fee

STAMPED STERLING SILVER PENDANT

Learn the age old craft of metal stamping. Using stamps made of high carbon steel and a hammer, you will be able to embellish metal jewelry with words of inspiration or designs.

Thursday, 10/22, 1:00 p.m.

Fee: \$45

\$5 city resident discount Additional \$45 for sterling silver

ARTS AND CRAFTS CONT...

DICHROIC GLASS FUSED PENDANT

You don't want to miss this class! Come make two beautiful pendants guaranteed to draw many compliments. No special skills required. Open to ages 12 and older. Min. 3; max. 10 participants. Session I: Activity # 5014.309

Saturday, 11/7 10:00 a.m. - 12:00 p.m.

Session II: Activity # 5015.309

Saturday, 12/5

10:00 a.m. - 12:00 p.m.

Fee: \$20

\$5 city resident discount PLUS \$20 materials fee paid to

instructor.

Location: Stained Glass Connection 324 Church St. N.



YOUTH

YOGA BAGODA

Just for 3-5 year olds! Bring your tyke for some fun learning creative, expressive poses that will have them feeling happier and confident while encouraging their creative spirit. The names and poses have been geared to suit their little bodies and appeal to their creativity, giving them the opportunity to be a little silly but at the same time learning to relax. This age-appropriate 45 minute yoga class is perfect for building a healthy and fit lifestyle foundation and it is so much fun! Adult supervision requested.

Instructor: Michelle Colombero

Tuesdays

9:00 - 9:45 a.m.

Session I: Activity # 9000.309 10/6 - 11/10 (6 weeks)

Fee: \$20

\$5 city resident discount Location: Academy Recreation Center

TEEN FITNESS & FLEXIBILITY

Excellent for students involved in Athletics or kids who just want to get some exercise. Join Personal Trainer Michelle Colombero for a combination of exercises to create more flexibility and strength. Ages 10 - 16. Parental consent required. Saturdays

9:00 - 9:45 a.m.

Session I: Activity # 9002.309 10/10 - 11/14 (5 weeks)

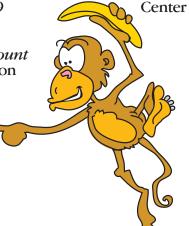
(no class 10/17)

Session II: Activity # 9003.309 11/21 - 12/19 (5 weeks)

Session III: Activity # 9004.309

1/9 - 2/6 (5 weeks) Fee: \$20

\$5 city resident discount Location: Academy Recreation



A variety of fitness classes are offered. Many of our instructors hold nationally recognized certifications and all have significant training and experience. Minimum of eight participants per class.

GET FIT PUNCH CARD

Activity # 4000.009 The Get Fit Punch Card provides convenience, flexibility and options! Holders of the Card may participate in 10 single fitness classes offered by Concord Parks & Recreation Department as long as space is available. The Card is good for one year from the date of purchase and

attending the first class. Present the Card at class. Fee: \$40

must be purchased before

\$5 city resident discount

GET FIT WALKING AT DORTON PARK

Join us as we enjoy summer mornings in beautiful James L. Dorton Park. Fitness Instructor and Personal Trainer Michelle Colombero will guide you in stretching before and after the two mile cardiovascular walk. Tuesdays and Thursdays

Session I: Activity # 4001.309

10/6 - 11/12

7:30 - 8:30 a.m.

Session II: Activity # 4002.309 11/17 - 12/24(no class 11/26)

8:30 - 9:30 a.m.

Mondays and Fridays

Session I: Activity # 4003.309

12/28 - 2/5 (no class 1/1)

9:30 - 10:30 a.m.

Fee: \$15

\$5 city resident discount Location: Dorton Park, Poplar Tent





GET FIT WALKING ON THE "NEW" GREENWAY

Starting at McGee Park, you'll begin your journey at 6:30 a.m. Stretching and warming up with personal trainer. Michelle Colombero. Through the Park and into the woods, over the bridge and towards the Post Office onto Means Avenue and uptown Union Street. We'll turn left onto Patton Court winding our way to Lawndale Avenue and then down the road to the McEachern Greenway and back to McGee Park. This 3.98 mile walk will take about 1.25 hours depending on the pace. Mondays, Wednesdays, &

Fridays

6:30 - 7:45 a.m.

Session I: Activity # 4005.309

10/5 - 11/13

Session II: Activity # 4006.309

11/16 - 12/23

Tuesdays and Thursdays

8:15 - 9:30 a.m.

Session I: Activity # 4007.309

12/29 - 2/4

Fee: \$15

\$5 city resident discount Location: McGee Park, Corban Ave.

CANINE UNIT'S NEW ADDITION

The newest addition to the Concord Police Canine Unit is Lando, a 2 year old Belgium Malinois. Lando's handler, Tony Atwell is looking forward to the start of Lando's training which begins Monday, August 24. The canine team, along with a Mecklenburg County Canine Unit will start the 12 week course which includes obedience. aggression control, tracking, area search, evidence search and narcotics detection. The canines are trained here in Concord by a certified Master Trainer and Police Officer, Patrick Merritt. Lando is a replacement for Max, who was killed by a car several months ago. The canines are imported from Europe and trained in Concord. Their training course is 5 hours a day for 12 weeks.



FITNESS...CONTINUED

PILATES

Improve your core strength, flexibility, balance and build strength without bulk. Instructor combines yoga to the workout using bands, weights and fitness balls. Bring a mat and water bottle. Limited to 18 participants per class. Instructor: Michelle Colombero

Tuesday & Thursday **Session I:** Activity # 4039.309

10/6 - 11/5 6:00 - 7:00 p.m.

Session II: Activity # 4040.309

10/6 - 11/12

10:00 - 11:00 a.m.

Fee: \$23

\$5 city resident discount Session III: Activity # 4010.309 12/8 - 2/4 (no class 12/24 and 12/31)

6:00 - 7:00 p.m.

Fee: \$35

\$5 city resident discount Session IV: Activity # 4011.309

11/17 - 12/22 (no class 11/26)

10:00 - 11:00 a.m.

Session V: Activity # 4012.309 12/29 - 2/4 10:00 - 11:00 a.m.

Fee: \$23

\$5 city resident discount

Monday & Wednesday **Session I:** Activity # 4013.309 10/5 - 11/11

Session II: Activity #: 4041.309

11/16 - 12/23

Session III: Activity # 4015.309

12/28 - 2/3

7:00 - 8:00 p.m. Fee: \$23

\$5 city resident discount Location: Academy Recreation Center



STABILITY BALL WORKOUT

Create strength and balance while we work your chest, shoulders, legs, hips and abs. Have fun rolling on the ball! Limited to 10 participants.

Instructor: Michelle Colombero Saturdays

10:00 - 11:00 a.m.

Session I: Activity # 4016.309 10/10 - 11/7 (no class 10/17)

Session II: Activity # 4017.309

11/21 - 12/19

Session III: Activity # 4018.309

1/9 - 2/6 Fee: \$28

\$5 city resident discount Location: Academy Recreation Center



WEIGHT TRAINING

In addition to regular activity that gets your heart pumping, the minimum exercise recommendations for healthy adults (age 18 to 64) now includes weight training for all major muscle groups. Join us 2 days a week working 8 to 10 different exercises. Personal Trainer Michelle Colombero will set up personalized programs for each participant. Class size limited to 5 participants.

Mondays and Wednesdays

2:00 - 3:00 p.m.

Session I: Activity # 4019.309 10/19 - 11/18 (5 weeks)

(10/21 class moved to 10/22.)

Session II: Activity # 4020.309 11/23 - 12/23 (5 weeks)

Session III: Activity # 4021.309

1/4 - 2/3 (5 weeks)

Fee: \$23

\$5 city resident discount Location: Hartsell Recreation Center

YOGA

For beginners to intermediate, enjoy the asanas (postures), breathing and stretching that will help you feel more flexible and relaxed. Bring mat, water and wear comfortable clothing. Min. 5; max. 18 participants. Meets Wednesdays and Fridays as well as Tuesdays and Thursdays.

Instructor: Michelle Colombero Wednesday & Friday (6 weeks) 11:15 a.m. 12:15 p.m.

Session I: Activity # 4022.309 10/7 - 11/13 (no class 11/21)

Session II: Activity # 4023.309 11/20 - 12/23 (no class 12/16)

Session III: Activity # 4024.309

1/6 - 2/5 (5 weeks)

Tuesdays & Thursdays 7:15 - 8:15 p.m.

Session I: Activity # 4025.309

10/6 - 11/5 Fee: \$23

\$5 city resident discount

Session II: Activity # 4026.309 12/8 - 2/4 (no class 12/24, 12/31)

Fee: \$35

\$5 city resident discount Location: Academy Recreation Center

RELAXATION CLASS

This class is created for you to learn to relieve stress. We'll be experiencing relaxation techniques, meditation, deep breathing exercises, sounds, and imagery. Working with the body, mind and spirit will help you move to a place where you will want to return each week.

Mondays

6:00 - 6:45 p.m.

Session I: Activity # 4027.309

10/5 - 11/9 (6 weeks) Session II: Activity # 4028.309

11/16 - 12/21 (6 weeks)

Session III: Activity # 4030.309

12/28 - 2/1 (6 weeks)

Fee: \$23

\$5 city resident discount Location: Academy Recreation Center

FITNESS...continued

EXERCISE: THE BASICS

Activity # 4031.309

Incorporate traditional aerobics and step aerobics with strength training and stretching to create a balanced workout. Bring your own mat, hand weights, and water bottle. Instructor: Lee Campbell

Tuesdays & Thursdays 5:30 - 6:30 p.m.

Session I: Activity # 4023.209

9/22 - 10/15

Session II: Activity # 4031.309

11/3 - 12/3 Fee: \$23

\$5 city resident discount Location: Fire Station #8

1485 Old Charlotte Rd.



PERSONAL TRAINING

Activity # 4032.309

Exercise is a great way to lower your cholesterol, stimulate your heart and regulate your blood pressure. Michelle Colombero can design a 1 hour program that will help you get motivated and feel great! She'll work with you on your upper and lower body to build strength and create a cardiovascular component for a healthy, balanced way of life. Finally, she will furnish you with exercises for strength and flexibility. A medical clearance from your physician is required if you are over 40 years of age.

Instructor: Michelle Colombero Fee: \$40 per 1 hour session;

\$5 city resident discount Contact Parks & Recreation at 704-920-5600 to schedule with Michelle.

FITNASTICS

Activity # 4033.309

This low impact class incorporates resistance training with strength exercises using bands and weights. Bands furnished by the instructor. Bring your 2 lb. weights, mat and water bottle.

Instructor: Vickie Fisher **Tuesdays & Thursdays** 9/29 - 12/17 (12 weeks) 9:15 - 10:15 a.m.

Fee: \$35

\$5 city resident discount Location: Hartsell Recreation Center

FIT AND FABULOUS

Activity # 4034.309 Stay Fit and Fabulous with this great group of senior adults. Enjoy walking, range of motion and strength exercises, and fellowship. Monthly luncheons, local trips, and surprises are included. Begins Wednesday, September 9!!! Wednesdays, continual

10:00 - 11:00 a.m. Fee: "Drop in the Cup" Location: Academy Recreation Center

FIT AND FABULOUS OUTINGS September

Weiner Roast & Mike's Award Winning Chili at Frank Liske Park

October

Lake Norman Cruise on the Catawba Queen & Jack's Lakeside Grill

November

Latta Plantation Tour & Lancaster's BBQ

December

Catered late lunch at **Camp Spencer for Christmas**



SPECIAL INTEREST

LINE DANCE **BEGINNER:**

For new dancers, no experience needed! Learn some of the newest dances and old favorites such as the Boot Scootin' Boogie and Electric

Mondays, 7:00 - 8:00 p.m **Session I:** Activity # 8005.309 9/14 - 10/26

Session II: Activity # 8006.309 11/2 - 12/21

Session III: Activity # 8007.309 1/4 - 2/22

HIGH BEGINNER:

Experience is required, plus terminology of dance. Learn some of the hottest dances!

Mondays, 6:00 - 7:00 p.m. **Session I:** Activity # 8008.309 9/14 - 10/26

Session II: Activity # 8009.309

11/2 - 12/21

Session III: Activity # 8010.309 1/4 - 2/22

INTERMEDIATE:

Experience is required, plus terminology of dance. Learn some of the hottest dances!

Wednesdays, 7:00 - 8:00 p.m. **Session I:** Activity # 8011.309

9/9 - 10/28

Session II: Activity # 8012.309 11/4 - 12/16

Session III: Activity # 8013.309 1/6 - 2/24

DANCE & REVIEW:

Activity # 8019.209 This is a step up from beginners, taught at a faster pace. Learn lots of the newer dances.

Wednesdays, 6:00 - 7:00 p.m. **Session I:** Activity # 8014.309

9/9 - 10/28

Session II: Activity # 8015.309

11/4 - 12/16

Session III: Activity # 8016.309

1/6 - 2/24

Register at class. Make checks payable to instructor, Linda Long. One class per week:

\$30 per session;

\$5 city resident discount Two classes per week:

\$50 per session;

\$5 city resident discount

Location: C.T. Sherrill

Community Bldg., Les Myers Park



Registration Process

Registration is on a first-come, first-served basis. Fees are due and payable upon registration. A registration form for our classes is included on the back cover of the brochure. A signed registration form is required for participation in all programs. Please note: Summer Playground, Athletic Programs and Special Events require different registration forms. Please call for the appropriate form or download from our web site at www.concordparksandrec.org.

There are three ways you can register for classes or programs with the City of Concord Parks & Recreation Department.

Mail-In Registration: Complete the registration form found below, include payment and mail to:

Concord Parks & Recreation Department P.O. Box 308 Concord, NC 28026-0308

Online Registration: For your convenience, some classes and programs are now available through online registration. Please visit our web site at www.concordparksandrec.org to see if online registration is available for your class or program. Online registration payment can be

MAILING ADDRESS:

Concord Parks & Recreation P.O. Box 308 Concord, NC 28026-0308

Participant's Name

Home Phone Business or Cell Phone

Address State

City **Email**

Activity/Trip

Activity/Trip Site _____

Time:

Where did you get your copy of the Leisure Times? School O Newspaper O Mail O

If anyone needs any reasonable accommodations, please contact the ADA Coordinator within 24 hours at 704-920-5111.

I understand that pre-registration in my class is on a first-come, first-served basis, and that the Concord Parks & Recreation Department, its staff, facilities, and instructors will not be held responsible for any injury or loss that might occur in the course of the program. The department reserves the right to cancel or modify programs due to enrollment, weather or other situations that are deemed necessary. Refunds may be made in cases in which changes in class day, time or site prevent participation. I understand that photographs may be taken during the program for departmental use. Registration fee is enclosed (if applicable).

To

(am/pm) on M T W TH F SAT SUN (Please Circle)

Registrant's Signature

(Parent's signature if registrant is under 18)

Residency (Please check one) City of Concord Resident O Non-Resident O NOTE: City of Concord Resident indicates that participant resides within the City Limits of Concord.

Fee Enclosed

Please make check payable to City of Concord

made with your credit or debit card. A user fee is applied to online charge payments.

Walk-In Registration: Complete the registration form found on the back of the brochure and bring with payment to:

Academy Recreation Center 147 Academy Avenue NW Concord, NC 28025

City Resident Discount: Many of our activities and programs offer discounts to City of Concord Residents due to contributions to the local tax base. If a discount is offered, it is shown as a City Resident Discount, and if applicable, this amount will be deducted from the program fee as indicated. This discount applies to registration fees and not to supplies, materials, equipment, etc.

Not sure if you are a City Resident? You are a resident if you reside within the City Limits of Concord. If you are still not sure please call 704-920-5600.

Please call **704-920-5600** or email us at recreation@ci.concord.nc.us if you have any questions or concerns.

147 Academy Avenue, NW Tel. 704-920-5600 · Fax 704-792-1971 www.concordparksandrec.org

CITY OF CONCORD PARKS & FACILITIES

Administrative Office • 704-920-5600 147 Academy Avenue, NW

Academy Recreation Center • 704-920-5601 147 Academy Avenue, NW

Beverly Hills Park • 704-920-5601 631 Miramar Street, NE

Marvin Caldwell Park • 704-920-5603 362 Georgia Street, SW

James L. Dorton Park • 704-920-5602 5790 Poplar Tent Road

> **Gibson Field** • 704-784-2616 or 704-920-5617 321 Misenheimer Avenue, NW

Hartsell Recreation Center • 704-920-5602 60 Hartsell School Road

Hartsell Field Complex • 704-788-9325 or 704-920-5617 30 Swink Street, NW

Hartsell Park • 704-920-5602 65 Sunderland Road

Lake Fisher Reservoir Boat Rentals 704-920-5618 or 704-938-1327 5090 Lake Fisher Road (Seasonal) March-October

Logan Recreation Center • 704-920-5603 151 Rone Avenue, SW

McAllister Field • 704-786-0157 or 704-920-5617 160 Crowell Drive, NW

Harold B. McEachern Greenway 704-920-5600 Enter at Les Myers Park or J. W. McGee, Jr. Park

> The Village Greenway 704-920-5601 175 Academy Avenue, NW

J. W. "Mickey" McGee, Jr. Park 704-920-5600 219 Corban Avenue, East

John F. McInnis Aquatic Center 704-920-5604 or 704-920-5600 151 Academy Avenue, NW (Seasonal, May-August)

Les Myers Park • 704-920-5601 338 Lawndale Avenue

Rocky River Golf Club at Concord 704-455-1200 6500 Speedway Blvd.

W. W. Flowe Park • 704-920-5603 99 Central Heights Drive

Webb Field • 704-786-8406 or 704-920-5617 165 Academy Avenue, NW

PARKS HOURS:

April-October

Open daily from 8:00 a.m. until 9:00 p.m. Lighted field and court facilities close at 11:00 p.m.

November-March

Open daily from 8:00 a.m. until 7:00 p.m. Lighted field and court facilities close at 10:00 p.m.